Mince Pie Porridge

Duration: 5 minutes, serves 1

Ingredients:

- 45g or ½ cup oats
- 250ml or 1 cup milk (skimmed, lactose-free or unsweetened soya)
- ½ tsp cinnamon
- ¼ tsp ginger
- ¼ tsp nutmeg
- 20g sultanas or raisins
- 1 tsp honey or sweetener
- 1 tsp toasted flaked almonds
- Finely grated orange and/or lemon zest

Nutrition information*:

	Per portion	Per 100g
Energy (kcal)	404	119
Fat (g)	11.2	3.3
of which saturates (g)	3.78	1.1
Carbohydrate (g)	66	19.5
of which sugars (g)	34.1	10.1
Fibre (g)	4.5	1.3
Protein (g)	15.6	4.6
Salt (g)	0.37	0.11

*Approximate, based on semi-skimmed milk

Method:

1. Combine the oats, milk, spices and dried fruit in a saucepan over a medium heat.
2. After a few minutes, the mixture will start to thicken, keep stirring until you have reached the desired consistency.
3. Pour into a serving bowl, and top with the honey, almonds and grated orange and/or lemon zest.